

Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

~ There is Always HOPE for Healing from all of life's Hurts, Habits & Hang-ups ~

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

FOOD ADDICTION

The Problem and Solution



 **MINISTRIES OF JESUS**
HEALING SPIRIT, SOUL & BODY

CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1200 E. I-35 Frontage Rd., Edmond
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FOOD ADDICTION

The Problem

- Throughout our lives we have turned to food to ease our pain &/or fears.
- We felt comfort in eating and found ourselves turning to food whenever we were hurt, angry, tired &/or frustrated.
- Food became our comforter, our friend.
- Some of us may have one specific food that we have trouble eating in healthy amounts, and once we start eating it, we cannot stop.
- Some of us may have been emotionally, physically &/or sexually abused and use food to cope with the emotions of those events.
- Some of us may have had healthy eating habits as children or young adults, but at some point in our lives we chose to overeat and lost the ability to discern when we were physically hungry or full.
- We may have turned to food after obtaining sobriety in other areas.
- We thought food was “safe,” not realizing it could become our “drug of choice.”
- We have focused on our body image instead of our health.
- Many of us have tried a multitude of various diet & exercise programs, medications &/or a myriad of other ways of controlling our eating habits.
- We have experienced repeated failures and are left feeling guilty, incapable and unlovable.
- We may be under the delusion that there is a perfect diet plan, surgery, procedure &/or pill that can save us if only we could find it.
- Some of us believe that thin people do not struggle with food addiction.
- We have failed to recognize and admit food is our “drug of choice.”
- As a result of our food addiction, we feel out of control and may struggle with many other areas in our lives.
- Some of us have low self-esteem which may affect our motivation, and our relationship with God and others.

We have learned to numb our feelings & cope with our inadequacies by stepping outside of God’s plan for how we were intended to use food in positive ways. Food Addiction is unique as behavior may range from daily binges to excessive exercise, starvation and vomiting. Unlike other addictions we cannot practice complete abstinence but must learn to discipline our thoughts, actions and eating habits.

We may abuse food due to multiple forms of abuse issues, self-protection, fear of intimacy, lack of self-worth, lack of a realistic body image, shame and/or loneliness. We may associate food with comfort, fun and joy.

Perhaps we had a need to bring order and control into our lives through food.

The Solution

- We came to realize that we could not control our addiction to food and that we are powerless.
- We understand that our problems are emotional and spiritual.
- We have become ready to face our denial and accept the truth about our lives and our food addiction.
- We are ready to accept responsibility for our actions and make Jesus the Lord of our lives.
- We are dedicated to learning about healthy eating and to learning the difference between physical and emotional hunger as we learn about food addiction.
- We are willing to turn to God when we are not physically hungry and stop when we are physically full.
- We have become willing to face our character defects and work through these feelings in our group.
- We are willing to take the focus off of food and focus on God.
- We recognize recovery from food addiction is not about body image or the foods we eat, but is about trusting God & having an intimate relationship with Him.
- We are willing to believe and trust in God's love for us, and to see ourselves as He sees us.
- By facing our fears we have realized Jesus Christ and the Holy Spirit are what we need to overcome them.
- Commit to Jesus Christ and the 8 Principles of recovery
- Form an Accountability TEAM: Sponsor & Accountability Partners
- Attend CR Large Group meetings, Open Share and Step Study Groups.
- Commit to a daily quiet time in prayer and in God’s Word.
- Understand the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.

Definition of Sobriety

The basic definition of sobriety for the **bulimic** is the act of eating without purging. For the **anorexic** sobriety is not denying our bodies of nutrients and sustenance for sustained periods of time.

For the **compulsive overeater** sobriety is to abstain from those substances we find ourselves craving.

Feeding our bodies with a plan of sound nutrition will allow us freedom from the insanity of these diseases. These definitions are basic requirements and each of us will also need to allow God to give us a clear understanding of what will be the most beneficial additions to our individual sobriety.